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Tuesday, October 25, 2016 metro.us | t: MetroNewYork | f: MetroNewYork

## HEALTHY(ISH) HALLOWEEN

Tricks to get kids to eat more wholesome treats. 26



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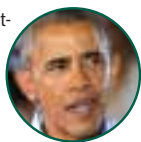
Sports podcasts are exploding in popularity. An inside look at the sports podcasting industry and its effect on traditional sports radio. 32

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## 3 things you need to know

## FOCUS TURNS TO CONGRESS AS OBAMA CAMPAIGNS FOR CLINTON

President Barack Obama campaigned in the battleground state of Nevada for Hillary Clinton, the candidate he wants to succeed him in the White House — but he spent most of his time talking about the state's Senate race. Democrats badly want to get back control of the Republican-controlled Senate, and are sending Obama, Michelle Obama and Joe Biden to states where close races could tip the balance. In Nevada, Obama reserved most of his firepower for mocking three-term Republican U.S. Rep. Joe Heck, who had supported his party's presidential candidate until earlier this month when Donald Trump's campaign went into crisis mode by the release of a video in which he lewdly bragged about groping and kissing women. **REUTERS**



## HIRED EXPERTS BACK CLAIMS ST. JUDE HEART DEVICES CAN BE HACKED

Short-selling firm Muddy Waters said in a legal filing Monday that outside cybersecurity experts it hired have validated its claims that St. Jude Medical Inc. cardiac implants are vulnerable to potentially life-threatening cyberattacks. Muddy Waters released a 53-page report from boutique cybersecurity firm Bishop Fox, the latest piece of evidence to emerge in an ongoing dispute over claims made in August by the short-selling firm and cyberresearch firm MedSec Holdings that St. Jude cardiac implants are vulnerable to hacking. St. Paul, Minnesota-based St. Jude has strongly disputed those claims, which are under investigation by the Food and Drug Administration. The FDA has told patients to continue to use their devices as instructed and not change any St. Jude cardiac implant while it reviews the allegations. **REUTERS**

## DEADLINE EXTENDED FOR GOOGLE TO RESPOND TO EU'S ADSENSE COMPLAINT

Google has been given an extra week to formally respond to allegations by the European Commission that it was blocking rivals in online search advertising, a move likely to delay a regulatory decision on the case until next year. The deadline has been extended to Nov. 3 from Oct. 26, European Commission spokesman Ricardo Cardoso said, making it the second extension. "Google asked for additional time to review the documents in the case file. In line with normal practice, the commission analyzed the reasons for the request and granted an extension allowing Google to fully exercise its rights of defense," he said in an email. **REUTERS**



## METRO'S NEWS QUIZ

You read Metro to stay on top of the news. Now's your chance to find out how much you know. Take our daily news quiz to test your knowledge by going to [www.metro.us/news-quiz](http://www.metro.us/news-quiz) to submit your answers.

1. What was Airbnb's response to the state's new penalties for illegal short-term rentals?
2. Who was PodcastOne's first sports podcast star?
3. Who is the comedian who most influenced Adam Conover?

## Oscar Health subway ads focus on 'broken' health care system

Insurer known for cheery promos gets serious with push unveiled at Atlantic Ave.-Barclays Center station.

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Subway ads may come and go unnoticed in New York City, but one company is trying to make commuters stop and pay attention at Brooklyn's busiest transit hub.

City-based Oscar Health, known the past few years for its cartoony and brightly colored ads, recently unveiled a more fact-based, stark campaign that at the Atlantic Avenue-Barclays Center subway station.

"Health care is broken. We're here to fix it," one says. "The United States spends more on health care than Japan, Germany, France, China, the U.K., Canada, Brazil, Spain and Australia combined," says another.

"It's very much in line with what we wanted the company to



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be and do," co-founder and CEO Mario Schlosser said of the new approach.

He, Josh Kushner and Kevin Nazemi founded Oscar in 2012, around when Schlosser and his wife were expecting their first child and were "confused with the system. We've spent four years trying to build a better health care experience for users," he said.

The company's prior campaigns "were approachable and friendly, but they didn't do justice to the level of care that we have," Vice President of Marketing Sarah Rowghani said, adding, "There's so much jargon, and we've found people need more education and content to understand these very important decisions they're making."

Like most of the country, Oscar's CEO is keeping his eyes on the coming election, which has the future of the current health care landscape, among other things, hanging in the balance.

"The number of uninsured is at historical lows, and nobody who gets elected will want to undo that," Schlosser said.

## Airbnb files federal lawsuit over tougher state law on short-term rentals

Mere hours after Gov. Andrew Cuomo signed legislation setting harsh penalties for Airbnb hosts who break local housing regulations, attorneys for the popular website platform marched into federal court to challenge the law.

The legislation authorizes municipalities to fine owners or tenants up to \$7,500 if they rent their property for fewer than 30 days and aren't present during the guest's stay.

Cuomo signed the bill Friday in the wake of intensive lobbying on both sides of the issue. The bill passed both the Democratic-led Assembly and the Republican-led Senate in June with



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strong support from the hotel industry.

"For too long companies like Airbnb have encouraged illegal activity that takes housing off the market and makes our affordability crisis worse," said Manhattan Democratic Sen. Liz Krueger, who co-sponsored the legislation.

Airbnb critics also argue that it harms neighborhoods by encouraging a steady stream of transients.

No sooner had Cuomo signed the bill than Airbnb filed a federal lawsuit against state Attorney General Eric Schneiderman and Mayor Bill de Blasio, The New York

Times reported.

"The company contends that the law violates the company's constitutional rights to free speech and due process, as well as the protection it is afforded under the Communications Decency Act, a federal law that says websites cannot be held accountable for content published by their users," the lawsuit states.

Airbnb charges a service fee to renters and takes a cut of the owner's or tenant's revenue when a room or a home is booked. Airbnb supporters say it helps them make extra money. Some say the extra income is critically important to their ability to afford their residence. **GARY KANE**



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# New hotline provides New Yorkers 24/7 access to mental health counselors

"I will never forget those terrible weeks when it felt like help was hiding from us," the first lady said, recalling her experience when her daughter was diagnosed with depression and anxiety.



KIMBERLY AQUILINA  
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kimberly.aquilina@metro.us

Troubled New Yorkers in need of a shoulder to lean on can call, text or chat online with a counselor for free 24 hours a day, New York's first lady, Chirlane McCray, announced Monday.

Mayor Bill de Blasio and McCray released ThriveNYC: A Mental Health Roadmap for All, which includes the new hotline.

"We want New York City to be a place where people can live their lives to the fullest," McCray said. "ThriveNYC is about more services, better services and easier access to services. It's a plan of action that shows us how to treat mental illness—



Eight percent of high school students in New York City report attempting suicide, and more than one in four report feeling persistently sad or hopeless, the mayor's office said. GOOGLE COMMONS

and also promote mental health."

One in five adult New Yorkers face a mental health disorder each year, 8 percent of high school students in New York City report attempting suicide and more than one in four high school students report feeling persistently sad or hopeless, according to the mayor's office.

Unintentional drug overdoses outnumber all homicides and motor ve-

hicle fatalities combined, the office added.

McCray shared her own experience at a news conference in Queens, the New York Daily News reported. Her daughter, Chiara, was diagnosed with depression and anxiety, and the first lady said she didn't know where to start.

"I will never forget those terrible weeks when it felt like help was hiding from us," she said.

"My experience was not an exception; it was the rule."

"If you look at how mental illness has been addressed over the years, you see a lot of broken promises," de Blasio said. "You don't see a concerted, holistic effort to help people be well and stay well ... It will take years to address the problem the way it should be addressed. But we need to start now, we need to

start aggressively."

The hotline will encompass more health concerns than LifeNet, the city's previous mental health crisis hotline, which has been folded into ThriveNYC.

New Yorkers who need someone to talk to, a referral to a doctor or who don't know how to cope with a family member with mental health or substance abuse problems can contact the hotline.

*"We want New York City to be a place where people can live their lives to the fullest."*

Chirlane McCray

A mobile intervention unit can be dispatched, if needed, under the new program.

The program will cost the city \$5.3 million the first year, the Daily News reported. Each following year, the program will cost \$4.5 million.

"Far too often, we see what happens when people can't get the help they need — the right kind of help and early on, before illness completely disrupts their life and relationships," McCray said, the Daily News reported.

For more information or to chat with a counselor, visit ThriveNYC's website. You can also reach out by calling 1-888-NYC-WELL (1-888-692-9355) or texting WELL to 65173.

## BRIEFS

### 13 injured in NJ Transit bus crash in Newark: Police

Thirteen people were injured early Monday morning after a car collided with a New Jersey Transit bus in Newark, authorities said.

Of the 29 passengers on the bus, 11 sustained minor injuries and two people in the car were seriously hurt, NJ.com reported.

Just before 5 a.m., a 1996 Honda Accord turned in front of the bus as it traveled eastbound on West Market Street. The bus was headed for Newark's Penn Station from Montclair on the 34 line, according to ABC7.

The Honda's driver, a 19-year-old Orange man, was issued summonses for careless driving, failure to wear a seatbelt, failure to exhibit registration and for being an unlicensed driver, police told



TWITTER/@BUZZZTELLER

ABC7. The vehicle's owner was ticketed for allowing an unlicensed driver to operate the vehicle.

NJ Transit has dealt with a series of tragedies in the last two months. In late September, one of its commuter trains crashed into the Hoboken Terminal, killing a mother and injuring more than 100 other people. And in August, two NJ Transit buses collided in an accident that killed a driver and a passenger.

ALEXIS SACHDEV

## Union heads denounce NYPD commissioner's comments about cop shooting of Bronx woman

The heads of two unions representing city police officers accused the new NYPD commissioner of political pandering and making a "rash call" in his comments about last week's shooting death of a Bronx woman by a police sergeant.

Patrick Lynch, president of the Patrolmen's Benevolent Association criticized Commissioner James O'Neill for saying on the day of the shooting that the department had "failed" Deborah Danner, 66, the emotionally disturbed woman who was killed last Tuesday during the confrontation with the sergeant.

"I thought he made a rash call too quickly,

when we had an unfortunate death of an emotionally disturbed person by a police sergeant," Lynch said on a Sunday morning radio program. "And so quickly, they determined that he was wrong — before an investigation, before the sergeant was interviewed, before talking to any of the people that were involved."

Sgt. Barry Hugh shot Danner as she began to swing a baseball bat at him, police said.

The next day, O'Neill and Mayor Bill de Blasio described the shooting as unacceptable and others faulted Hugh for using excessive force. Hugh has been stripped of his badge and gun and placed



NYPD Commissioner James O'Neill, left, and Mayor Bill de Blasio at a news conference earlier this year. GETTY IMAGES

on administrative leave.

The Bronx District Attorney's Office is investigating the shooting.

Sergeants' Benevolent Association President Ed Mullins also blasted the comments made by the mayor and commissioner after the shooting. He accused O'Neill of "political

pandering" to the mayor.

"I'm not surprised at him," Mullins said of O'Neill, who was sworn in as commissioner last month. "What I am surprised at is how short a period of time it took for him to get neutered by the mayor, and that's pretty sad." GARY KANE



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# Hemp may be next gold mine for Native American tribes

Native American-owned CannaNative LLC said

Monday it was in final talks with the Navajo Nation, the largest federally recognized tribe, to grow industrial hemp.

Casinos on Native American land have poured billions into tribal economies since the late 1980s, lifting many people from poverty. Now, some hope, cultivating industrial hemp could do the same.

Under U.S. law, hemp — which comes from the same family of plants that produces marijuana — can be grown only for research, with a permit from the Drug Enforcement Administration.

However, the Department of Justice opened the door for hemp cultivation by Native American tribes in 2014 when it agreed that tribes can set cannabis-related laws just as states can.

Hemp is used in a wide variety of products,

from food to construction materials, but typically contains less than 1 percent tetrahydrocannabinol (THC) — the psychoactive component of the cannabis plant.

But while more than half of U.S. states allow cannabis use, federal law still categorizes all cannabis varieties, including hemp, as a dangerous drug with no medicinal value.

There is no large-scale commercial hemp production in the United States, which depends on imports.

The Hemp Industries Association estimates that the total U.S. retail value of hemp products in 2013 was \$581 million, although the Congressional Research Service says the numbers are underreported.

The estimate does not include sales by the two major retailers of hemp-based products, L'Oréal's The Body Shop and Whole Foods Market Inc.

CannaNative has already struck a deal with cannabis products maker Medical Marijuana Inc. to produce the first hemp oil products for



A field of cannabis plants. GETTY IMAGES

more than 560 Native American tribes.

Now, it is in talks with the Navajo Nation to begin growing hemp on reservation land in Arizona, Utah and New Mexico.

"The industrial hemp project could probably overtake Indian gaming, not only in terms of employment but also in

terms of revenue to the Navajo," said Al Henderson, a senior Navajo economic adviser, noting that the 360,000-member tribe had an unemployment rate of 40-50 percent.

Henderson did not provide data on the tribe's gaming revenue, but the National Indian Gaming Commission es-

timates that the overall tribal casino industry generated nearly \$30 billion in gaming revenue last year.

Growing industrial hemp is an opportunity for the aging Native American population to go back to its roots with plant-based medicine and reduce dependence on the American tax-

*"Our goal is to plant our initial pilot program test crop in the spring of 2017 in the Navajo Nation."*

Titus

payer, CannaNative CEO Anthony Rivera told Reuters.

"We can't wait for the federal government ... so we are working with tribes to pass their own laws in consultation with federal authorities to demonstrate that we are doing this legally and responsibly," Rivera said.

For Medical Marijuana Inc., which sells hemp oil, a deal with the Navajo Nation could help move hemp cultivation to the United States from Europe and cut costs by more than 25 percent, Chief Executive Stu Titus told Reuters.

REUTERS

## Environmental Protection Agency cleanup of the Gowanus Canal continues

A work crew contracted by the Environmental Protection Agency removes debris from the Gowanus Canal, Oct. 24 in Brooklyn. Formerly a bustling transportation and shipping route, the Gowanus Canal is now listed as one of the most polluted bodies of water in the United States. In 2010, the Gowanus Canal was declared a Superfund cleanup site by the U.S. Environmental Protection Agency. ALL PHOTOS BY GETTY IMAGES



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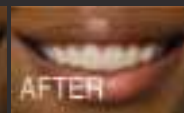
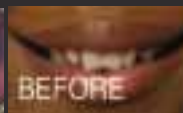
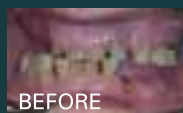
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## 212-95-SMILE (76453)



# Clinton calls Trump a 'sore loser'

Clinton said Trump's comments were more consistent with what dictators in nondemocratic countries might say about their opponents.

Democratic presidential candidate Hillary Clinton called Donald Trump a "sore loser" on Sunday because of his refusal at their debate last week to commit to accepting the results of the Nov. 8 election.

"To say you won't respect the results of the election, that is a direct threat to our democracy," Clinton told a rally at the University of North Carolina at Charlotte. "The peaceful transfer of power is one of the things that makes America America."

"And look, some people are sore losers, and we just got to keep going," she added.

Earlier on Sunday, Kellyanne Conway, a top Trump adviser, acknowledged that the Republican presidential candidate was lagging behind Clinton ahead of the election.

Conway said Clinton had "tremendous advantages," including a large campaign war chest that had allowed her to spend millions on television ads.

"We are behind," Conway said on NBC's "Meet the Press." But she added the Trump campaign was looking to sway undecided voters not ready to support Clinton.

As the polling gap has widened, Trump has said repeatedly the election is being "rigged" against him. He has not offered evidence and numerous studies have shown that the U.S. election system, which is decentralized and run by the states, is sound.

At last week's debate with Clinton in Las Vegas, Trump was asked if he would honor the result of



Democratic presidential nominee Hillary Clinton GETTY IMAGES

the election.

"What I'm saying is that I will tell you at the time. I'll keep you in suspense. OK?" Trump said.

As she visited North Carolina, Clinton urged her supporters to participate in early voting.

"From now until Nov. 5, you can vote early at any voting location in your county. And you know, this is a big deal,"

Clinton said at a campaign event in Raleigh.

Campaigning in Naples, Florida, on Sunday, Trump also encouraged voters to go to the polls to vote both for him and Republicans running for Congress and other offices.

"You have 16 days to make this happen, but you have to get out and vote, and that includes helping

me re-elect Republicans all over the place."

"I hope they help me too. Be nice if they help us too, right?" said Trump, who has sparred with many prominent members of his party, including House of Representatives Speaker Paul Ryan, the country's top elected Republican.

The latest Reuters/Ipsos poll released on Friday had Clinton leading Trump by 4 percentage points, and the most recent State of the Nation project showed Clinton with a 95 percent chance of winning the 270 Electoral College votes needed to secure the presidency.

An ABC News poll released on Sunday morning had Clinton leading with 50 percent of likely support, compared with Trump's 38 percent. The poll found that the number of Republicans who said they were likely to vote fell 7 percentage points from mid-October.

REUTERS

## BRIEF

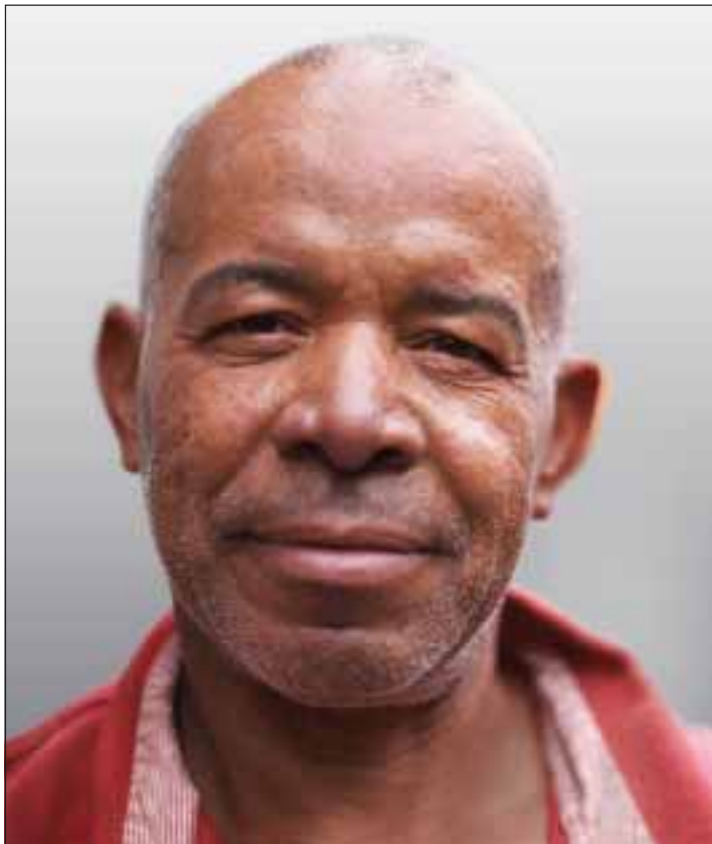
### Negative tone of White House race sours young voters

The exceptionally negative tone of this year's race for the White House is souring young Americans, turning some away from the democratic process just as the millennial generation has become as large a potential bloc of voters as the baby boomers.

Reuters/Ipsos polling shows that Americans aged 18 to 34 are slightly less likely to vote for president this year than their comparably aged peers were in 2012. Some political scientists worry that this election could scar a generation of voters, making them less likely to cast ballots in the future.

Young Americans on the left and right have found reasons to be dissatisfied with their choices this year. Sen. Bernie Sanders had an enthusiastic following of younger people before he lost the Democratic primary race to former Secretary of State Hillary Clinton. On the Republican side, some are unwilling to vote for Donald Trump, citing the New York businessman's sometimes insulting rhetoric on women, minorities and immigrants.

REUTERS



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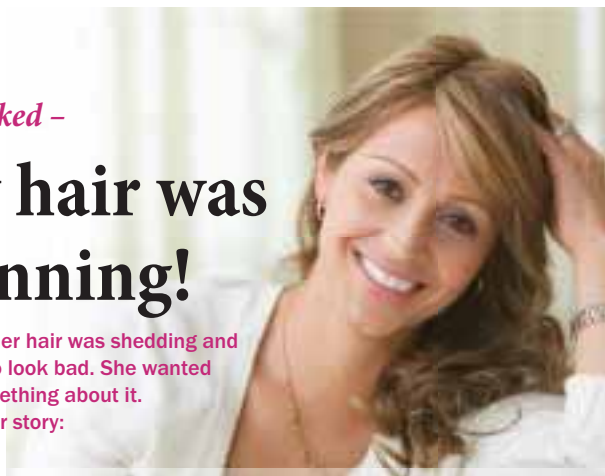
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– Amy, NYC



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## Five killed in crash on Massachusetts highway

Five young adults died early Monday in a head-on collision on Route 495 in Middleborough, police said.

The crash occurred just after midnight when a car traveling south in the northbound lane collided with another vehicle, killing the wrong-way driver and the four occupants of the northbound car, which burst into flames upon impact, according to state police.

The highway was closed to traffic for about five hours as emergency responders worked to remove the victims and clear the wreckage. The road was reopened to traffic shortly after 5 a.m.

State Police spokesman Anthony Thomas described the scene as "horrific," according to a Boston Globe report. He said police are investigating the crash, including as to whether "stimuli" played a role.

"There is no indication that time allowed for evasive action by the northbound operator to avoid the vehicle traveling the wrong way," Thomas said during a news conference.

Two of the victims, Jordan Fisher and Kraig Diggs, were 2015 graduates of Barnstable High School, WCVB reported.

The crash occurred in the northbound lanes of Route 495 between exits 3 and 4 near the Route 28 interchange.

Police received one 911 call just before the crash reporting the wrong-way driver, but investigators do not believe the driver was



Kraig Diggs FACEBOOK

traveling in the wrong direction for long, according to reports.

ERIN TIERNAN

*"There is no indication that time allowed for evasive action by the northbound operator to avoid the vehicle traveling the wrong way."*

Thomas

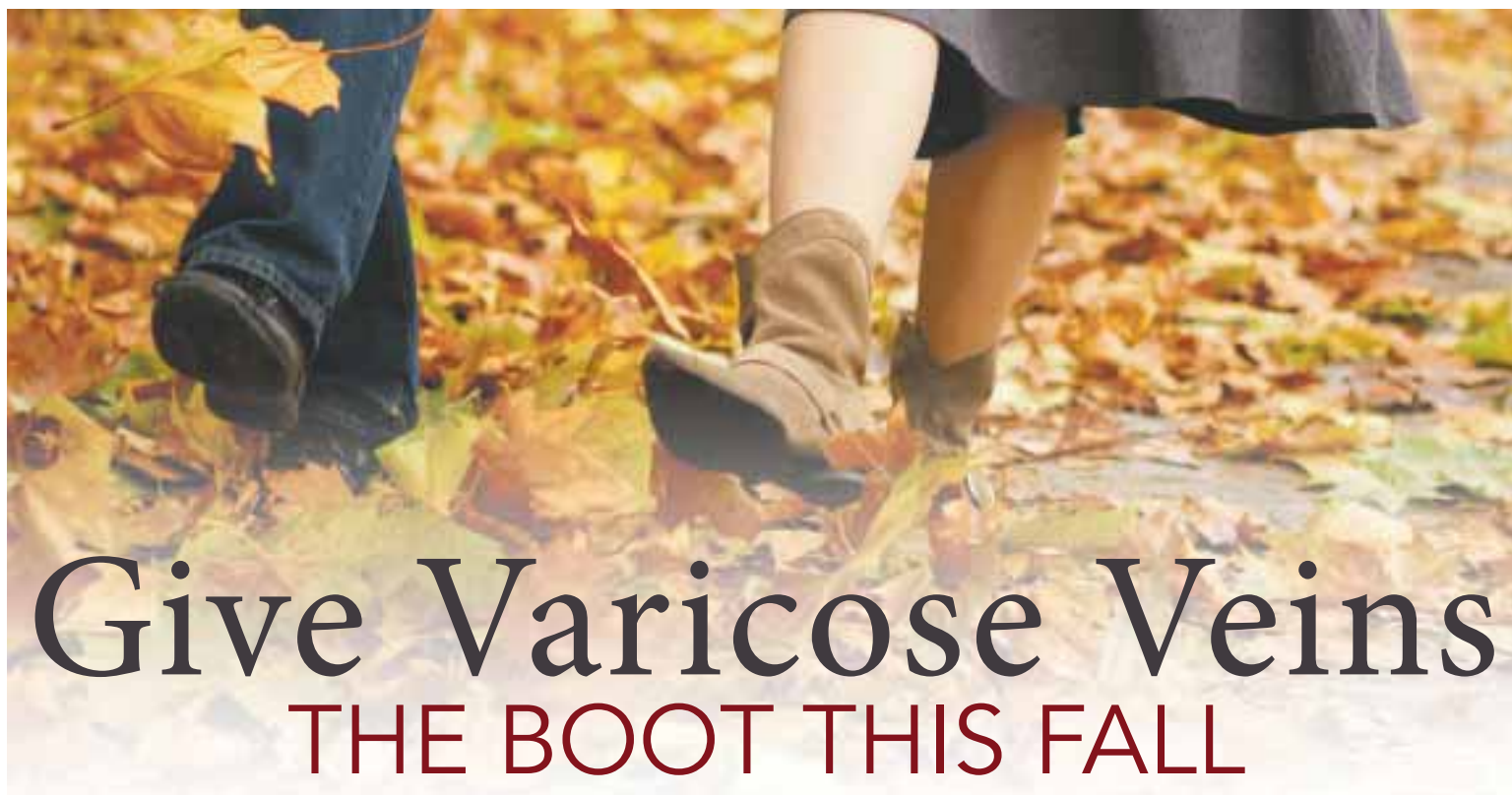
## Fugitive wanted by the FBI arrested



United States fugitive Edward Lee Leblanc, wanted by the Federal Bureau of Investigation (FBI) for the murder of a woman in the state of California in 2008, is registered by the National Civil Police in Guatemala City on Oct. 24, following his arrest in Cuyotenango, about 68 miles southwest of the capital.

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# Pennsylvania ex-attorney general gets jail time in leak case

In addition, Judge Wendy Demchick-Alloy sentenced Kane to eight years of probation.



Former Pennsylvania Attorney General Kathleen Kane CHARLES MOSTOLLER

Former Pennsylvania Attorney General Kathleen Kane was sentenced on Monday to serve 10 to 23 months in county jail for leaking confidential grand jury information and then lying about it to investigators.

Kane, 50, the first woman and first Democrat elected Pennsylvania attorney general, was convicted in August on charges of perjury, false swearing, obstruction of justice, official oppression and conspiracy. She resigned two days after the jury in Montgomery County Court of Common Pleas handed down its verdict.

"A lesser sentence will depreciate the seriousness of the crimes of this defendant," she said.

Kane, who intends to appeal her conviction, had faced a maximum sentence of 24 years in state prison.

Her lawyer, Marc Steinberg, was not available to comment after the hearing.

Kane was accused of giving information from a grand jury proceeding in 2013 to a Philadelphia Daily News reporter to retaliate against a former state prosecutor, Frank Fina. She believed he had told the Philadelphia Inquirer about her decision to drop prosecution of a case Fina had developed against six black Demo-

cratic legislators in Philadelphia.

Grand juries play an important role in the U.S. criminal justice system by deciding if a prosecutor has enough evidence to bring charges against a suspect. Secret deliberations encourage witnesses to speak without fear of retaliation and to protect the reputation of suspects when the jury decides against recommending charges.

Witnesses for the prosecution said the Kane investigation had brought havoc to the attorney general's office.

"Today is another sad day for the commonwealth and its citizens," Bruce Beemer, who replaced Kane, said in a statement after the sentencing.

"The office of attorney general is moving forward with steps to restore the public's confidence in the work that we do and the way that we do it," he said without specifying his office's plans.

Kane is the second

Pennsylvania attorney general in the past quarter century to be convicted of crimes committed in office. In 1995, Attorney General Ernie Preate pleaded guilty to mail fraud and served a prison sentence.

More than 25 friends and members of Kane's family attended the hearing to show support. Several, including Kane's son Christopher, 15, testified as character witnesses on her behalf.

Frank DeAndrea, a former police chief of Hazleton, told the judge that sending Kane to prison could amount to a death sentence if drug lords she helped convict retaliate.

Demchick-Alloy said Kane had assumed that risk when she decided to commit crimes. **REUTERS**

*It is "another sad day for the commonwealth and its citizens."*

Beemer

## BRIEF

### U.S. investigators seek cause of California bus crash that killed 13

Federal investigators sought on Monday to determine the cause of a bus crash that killed 13 people in California over the weekend, and at least four of those who were injured remained in critical condition, officials said.

The bus was traveling

west on Interstate 10 when it rammed into the back of a tractor-trailer early on Sunday near Palm Springs, which is located about 100 miles east of Los Angeles, California Highway Patrol division chief Jim Abele told reporters.

The bus appeared to be ferrying casino-goers back to Los Angeles from the Red Earth Casino in Thermal, which is

about 30 miles southeast of Palm Springs, after a night of gambling, Abele said on Sunday.

Officials from the National Transportation Safety Board were seeking to determine the cause of the crash.

The driver of the bus was among those killed in the crash, which injured 31 people, some of whom had only minor injuries. **REUTERS**

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## BRIEF

**U.S. calls on auto industry to make cybersecurity a priority**  
Automakers should make shielding the electronic and computer systems of vehicles from hackers a priority, developing layers of protection that can secure a vehicle throughout its life, regulators said. The cybersecurity guidelines issued by the U.S. National Highway Traffic Safety Administration are recommendations, not enforceable rules. However, they mark a step toward establishing

a road map for industry behavior as lawmakers and consumers pressure automakers to show how they will protect increasingly connected and automated vehicles from cyberattacks.

Some of the agency's proposals, included in a paper titled "Cybersecurity Best Practices for Modern Vehicles," echo moves major manufacturers are making already, including establishing a group to share information about cybersecurity threats.

Automakers will carefully review the technical aspects of the agency's proposals as well as proposals related to the disclosure of information about "the secret sauce" of electrical and data systems, which is highly competitive, Jonathan Allen, acting executive director of the Automotive Information Sharing and Analysis Center, said in an interview on Monday. The group, often referred to as the AUTO-ISAC, was established by

automakers as a clearinghouse for companies to share information about cybersecurity threats and countermeasures.

Automakers accelerated efforts to address hacking threats over the past year after data security researchers successfully took remote control of a Jeep Cherokee and publicized their feat. Fiat Chrysler Automobiles in July 2015 recalled 1.4 million vehicles to install software to protect against future data breaches. **REUTERS**



AT&amp;T and Time Warner GETTY IMAGES

## AT&T investors weigh new growth, risks with Time Warner deal

AT&T Inc. shareholders who have profited for most of 2016 from owning a major telecommunications provider with a strong dividend yield are now tied to a controversial media acquisition that comes with new growth potential but also fresh risks.

AT&T shareholders so far have panned the proposed \$85 billion cash-and-stock purchase of Time Warner unveiled over the weekend.

Since word of the acquisition first leaked Thursday, AT&T shares have fallen 6.4 percent, their largest three-day drop since January 2009. On Monday, the shares fell 1.7 percent to close at \$36.86.

Prior to the news, the stock had climbed more than 14 percent this year, outperforming a 5 percent gain for the S&P 500 index. Including dividends, the stock had returned 20 percent.

Analysts said AT&T shares would fluctuate based on the outlook for the deal, which faces a potentially hostile regulatory review made more uncertain by the upcoming U.S. elections.

"If you wanted to be invested in a wireless company or you wanted to play wireless as a theme or broadband as a theme, this to some degree takes away from that," said Colby Synesael, an analyst at Cowen & Co.

"There are clearly a lot of people who are selling the stock because this no longer meets the

requirements to which they thought they were buying into before today," Synesael said.

More than 80 million AT&T shares changed hands Friday and 100 million Monday. This was over three times the average daily volume of the past 50 days.

Analysts also expressed caution about the debt that AT&T would take on for the deal.

"Investors are concerned that [the leverage] makes AT&T a much riskier security than it has been in the past," said Craig Moffett, analyst at Moffett Nathanson. "For a stock that has traditionally been viewed as a defensive, it is now much more exposed to both cyclical and secular pressures."

Any increased leverage could threaten AT&T's 5 percent dividend yield.

But the company has said that the acquisition would improve its dividend coverage, in addition to adding cable TV channels CNN and HBO, as well as other media assets.

Macquarie Capital analyst Amy Yong said the shares could repeat Comcast's solid performance after it agreed to buy NBC Universal in 2009, although the current regulatory environment was more unsettled.

"I think it's going to be very similar," Yong said. "When you get the first sign of regulatory approval, I think the stock will obviously reflect that." **REUTERS**

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*Why Knee And Hip Arthritis Pain Sufferers Are Flocking To This Manhattan Medical Clinic To Relieve Pain And Avoid Joint Replacement Surgery*

# Knee Arthritis Pain Breakthrough?

## Real Doctor's Advice On The Most Advanced Medical Treatments For Knee Arthritis Pain

### "The Knee Arthritis Treatment Everyone Is Talking About..."

By Matt Edgar  
America's Health Writer

NYC - Modern medicine has come a long way.

The success stories and lives saved are endless.

And now, through advanced technology and science - skilled medical doctors are helping more knee and hip arthritis pain sufferers than ever before.

In just a moment, I'm going to reveal some of these incredible arthritis pain techniques...

So you can possibly relive some or all of your pain...

Just like thousands of others already have.

I bet many of these former arthritis pain sufferers were just like you.

But first, I have to tell you about this - it's very important information so you can make the very best decision about relieving your arthritis pain.

It will also help you avoid costly and painful mistakes.

Ready for some great arthritis pain relief information? Ok, here we go...

#### The Two Arthritis Treatment Paths...

The first thing to understand, is that there are basically two treatment paths you can choose to go down when you are looking for relief to knee or hip arthritis pain.

**One path is non-surgical.** You do not want surgery (who does!) so you do everything you can to avoid it.

You take pain pills, do physical therapy and exercises and maybe you even changed your diet.

Nothing worked. The pain progressively got worse until you couldn't stand it anymore.

Because you did not get the proper treatment - your joints decayed past the point of no return. Now they are basically "bone on bone" and the doctor told you there is no other option. You need...

#### The Dreaded...

joint replacement surgery.

I will admit - some people do need joint replacement surgery.

This procedure has come a very long way in recent years.

For some, at a certain point, this is the way to go.

**But - and this is a very big but...** even though this procedure has improved dramatically... it is not without risk.

In fact, a \$500 million verdict in a lawsuit was just awarded to patients who received faulty hip implants during hip replacement surgery.

Some of the damage being reported from the faulty hip replacements sounds horrific.

There is no doubt, joint replacement surgery should be your last resort.

But too many people think they need joint replacement surgery when you do not.

In fact, many respond extremely well to a medical treatment approach that is finally becoming much more popular.

This is...

#### Treatment Path #2

This treatment path is non-surgical but it probably NOT what you are thinking.

rubbing and wear and tear and, in many cases, decreases or even eliminates pain.

#### Sounds Great Right?

It does But... viscosupplementation has not worked for many people.

**There are two very important reasons why:**

If you have knee or hip arthritis pain and want to relieve your pain without surgery - or if you have already tried viscosupplementation without good results - what you are about to discover will be extremely important...

medical camera and fluoroscopic imaging to guide the procedure and make sure the gel-like medicine gets exactly where you need it.

Many doctors doing this procedure do not use this advanced digital imaging and do these procedure either under ultrasound or "blind."

#### No Difference?

They say there is no difference - but research shows that doctors doing joint injections without being guided by the proper imaging **completely miss the joint space about one third of the time.**

cancel the surgery because they feel so much better.

They get such great results because they use advanced digital imaging (PATT) to guide their treatments, their doctors are specially trained and have performed THOUSANDS of treatments and they use multiple brands of lubricating gels (many doctors only use one they have a "relationship" with).

**But that's not all** - for difficult cases, they also add advanced PRP and Stem cell treatments with often wonderful results.

Every patient is unique and they have a very unique treatment plan for every single patient so you can get the best possible results in the shortest amount of time.

#### Here's How To Find Out If We Can Help You

If you have knee or hip arthritis pain and would like to find out if the treatments at NY Pain MD can help you - you can come in for a risk-free no-obligation screening. During this screening you will get a chance to ask questions and find out if you are a candidate for these advanced medical treatments - and what your best options are. The screening is completely free with no further obligation.

**After your screening, you will breath a big sigh or relief knowing what your options are and the best way to deal with your pain.**

If you are not sure - I know exactly how you feel. Arthritis pain is brutal. And it is hard to get straight answers.

So many patients felt the same way.

They told us they had given up until they read some information just like this and they came in to see us.

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The worst thing that can happened is you find out this treatment is not for you.

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What if we really can get rid of some of all your pain?

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## Why Is This Treatment In Such High Demand?

### "Precision Arthritis Targeting" Technology

There are many big medical clinics in NYC. In fact, New York offers some of the best medical care in the world.

With so many great options - **why are knee arthritis sufferers flocking to NY Pain Relief MD?**

There are several reasons. The first is what we can "Precision Targeted Knee Pain Technology."

**Here's what that means and why it is so important to you.**

This treatment places a medical lubricating and cushioning gel directly into the arthritic knee joint. This helps the knee glide more smoothly decreasing or

eliminating pain.

**Precision Arthritis Targeted Technology Or PATT** means that we use extremely advanced digital imaging to make sure this lubricating gel is placed precisely where it is supposed to go. This means treatments have the best chance for success.

Doing this procedure without this advanced technology often leads to misplaced lubricating gel and failure.

Another secret to success is using multiple treatments to maximize pain relief and healing. NY Pain MD uses multiple brands of lubricating gels and also offers

stem cell therapy and platelet rich plasma (PRP). PRP is being used by top professional athletes in an attempt to heal injuries faster. The combination of these treatments can often get incredible results when other treatments have failed.

While many clinics only offer one of these treatments - NY Pain Relief MD offers them all under one roof for maximum results and convenience.

And just as important is the experience of NY Pain MD Relief doctors. NY Pain Relief MD doctors are experts at this procedure and have successfully done thousands.

It is NOT pain pills and grueling exercises. We think it is...

#### Much better

It is a treatment that actually puts vital lubricating gel directly into your arthritic knee or hip joint.

This is extremely important because when you have arthritis, you lose lubricating fluid in your joints.

**In other words, your joints basically "dry up."**

This causes joint surfaces to rub together causing all kinds of problems including brutal PAIN.

As time goes on - the joint wears out more and more and the pain can be excruciating.

The medical procedure I am speaking about is called...

viscosupplementation. During this procedure a FDA approved gel-like medicine is placed directly into the joint space.

This allows the joint to glide freely and move much better again.

This decreases the abnormal

The first reason some people did not get good results with viscosupplementation is... bluntly... this is a real medical procedure done by real medical doctors.

This is NOT a "wonder cure" sold by slick marketers.

**In the real world of medicine and science, no treatments work 100% of the time or on everyone. And no good and ethical doctor would make such a claim or guarantee any results what-so-ever.**

So, there are some people that will not get results with this treatment.

#### Reason #2

To assure the best possible results, this treatment requires expensive advanced technology and a skilled medical doctor with experience doing this procedure.

For this treatment to have the best chance to work, the lubricating gel must be placed precisely into the joint space. That's why "Precision Arthritis Targeting Technology" or PATT is always used. PATT uses a special

And because treatments are so precise - most patients report they are also painless.

Now that you know the facts - would you choose a doctor who uses advanced digital imaging to guide the treatment - or one who injects you blind?

**Can you see why this treatment has not worked for so many?** And can you see why, with the Precision Arthritis Targeting Technology and a doctor who has already done thousands of these procedures - **it could work for you?**

That's why so many knee and hip arthritis sufferers are flocking to a medical clinic in NYC called "NY Pain Relief MD" that focusses on helping patients relieve their knee and hip arthritis pain and get back to doing all the things they want to do - like playing golf, walking without pain, tennis and many others.

**But one of the biggest successes** is when patients who were told they needed joint replacement surgery

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16 NEWS

## Pipeline opponents occupy land, citing 1851 treaty

The move is significant because the company building the 1,100-mile oil pipeline, Dallas-based Energy Transfer Partners LP, has bought tracts of land and relied on eminent domain to clear a route for the line across four states from North Dakota to Illinois.

Native American protesters on Monday occupied privately owned land in North Dakota in the path of the proposed Dakota Access Pipeline, claiming they were the land's rightful owners under an 1851 treaty with the U.S. government.

Video posted on social

media showed police officers using pepper spray to try to disperse dozens of protesters, who chanted, beat drums and set up a makeshift camp near the town of Cannon Ball in southern North Dakota, where the \$3.8 billion pipeline would be buried underneath the Missouri River.

The area is near the reservation of the Standing Rock Sioux tribe. It was not immediately known who owns the occupied land.

In September, the U.S. government halted construction on part of the line. The Standing Rock Sioux and environmental activists have said further construction would damage historical tribal sacred sites and spills would foul drinking water.

Since then, opponents



People hang a sign near a burial ground sacred site that was disturbed by bulldozers. GETTY IMAGES

have pressured the government to reroute construction. The current route runs within half a mile of the reservation.

Protesters on Monday said the land in question was theirs under the Fort Laramie Treaty of 1851, which was signed by eight tribes and the U.S. government. Over the last century, tribes have challenged this treaty and others like it in court for not being honored or for taking their land. REUTERS

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**Presenter:** Domna Antoniadis, Esq., staff attorney for LegalHealth, a division of New York Legal Assistance Group.

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**Info:** This lecture is free and open to the public, but you must RSVP. To attend, call 212.263.2266 or visit [nyulangone.org/cancerrsvp](http://nyulangone.org/cancerrsvp). View past lectures at [youtube.com/nyulmc](http://youtube.com/nyulmc).



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# Texas hospital reaches settlement with nurse infected with Ebola

A nurse who contracted the Ebola virus while treating the first person diagnosed with the deadly disease in the United States has reached a settlement with the Dallas hospital where she was part of a team caring for the man, a statement Monday said.

Terms of the deal between the hospital's owner, Texas Health Resources, and nurse Nina Pham, the first person infected with Ebola in the United States, were not disclosed.

Pham sued last year, saying that Texas Health Presbyterian Hospital did not do enough to prevent her from contracting the deadly virus and invaded her privacy after she was diagnosed with it.

"Texas Health Re-



Ebola survivor Nina Pham GETTY IMAGES

sources and Ms. Pham have resolved the pending lawsuit, and wish the best for each other going forward," they said in a joint statement. They did not provide further details.

In the lawsuit, which was filed in Dallas County, Pham claimed the hospital did not initially provide nurses with proper protective equipment or properly train staff on how to treat the disease.

The lawsuit accused the hospital of negligence

and deception. It did not specify an amount in damages.

The hospital has denied the claims.

Pham was one of two nurses at Texas Health Presbyterian Hospital who contracted the disease when treating Thomas Duncan, who was admitted in September 2014 and died less than two weeks later.

Both nurses recovered. Duncan contracted the disease in Liberia.

Pham claimed the hospital used her as a "public-relations pawn" to improve its plummeting image. While it issued news releases saying her condition had improved to "good," it was having end-of-life conversations with her, Pham alleged in her lawsuit. REUTERS

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# Scholars use Big Data to show Marlowe co-wrote three Shakespeare plays

The issue of whether Shakespeare wrote all the plays attributed to him has been the subject of endless conjecture; one persistent theory is that they were actually written by Christopher Marlowe — a notion rejected by Shakespeare scholars.

A new edition of William Shakespeare's complete works will name Christopher Marlowe as co-author of three plays, shedding new light on the links between the two

great playwrights after centuries of speculation and conspiracy theories.

Marlowe will be listed as co-author of the three "Henry VI" plays in the "New Oxford Shakespeare," to be published in several installments over the coming weeks by the Oxford University Press.

"Shakespeare has entered the world of Big Data and there are certain questions that we are now able to answer more confidently that people have been asking for a very long time," Gary Taylor, one of the project's senior editors, told Reuters.

Taylor, a Florida State University professor, said academics had known for a long time that Shakespeare worked with other writers on some plays. The idea that he collaborated with Marlowe on the "Henry VI" plays had been debated for centuries, but had not been possible to demonstrate before.

Taylor said scholars had used databases of plays and other writings



William Shakespeare UNIVERSAL HISTORY ARCHIVE/UNG VIA GETTY IMAGES

from the Elizabethan period, not just by Shakespeare or Marlowe but by many others working at the time, to search for distinctive words or combinations of words.

"That kind of Big Data was never available until very recently," he said.

The academics who worked on the "New Oxford Shakespeare," and others who had provided peer reviews of their findings, were extremely confident about Marlowe's authorship of some parts of the "Henry VI" plays, Taylor said.

REUTERS

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- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight—they are all cocked-up, bent and hurt.
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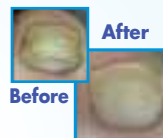
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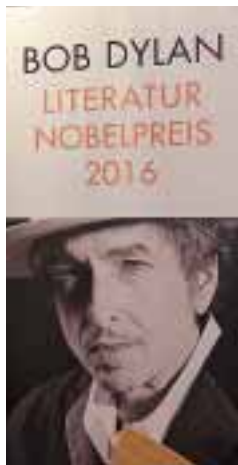
# The \$900K question behind Dylan's prize

Many writers might give their right arm to be paid almost \$1 million to deliver a lecture. But Bob Dylan's silence since he was awarded the Nobel Prize for Literature might mean he never sees the award money.

The American singer-songwriter, a cultural icon of dissent and protest from the 1960s onward, has said nothing about the award announced two weeks ago. But under Nobel rules, the winner must give one lecture on literature — or in Dylan's case even a concert — within six months to receive the \$900,000 prize money.

Per Wastberg, a member of Swedish Academy that presents the award, has said that Dylan's silence is "rude and arrogant."

The Nobel Founda-



Bob Dylan GETTY IMAGES

tion does not accept any rejections of the prize — Dylan's name will be listed as the winner in 2016 whatever he says. But the award money is a different matter.

As a condition, Dylan must give a lecture on a

subject "relevant to the work for which the prize has been awarded" no later than six months after Dec. 10, the anniversary of dynamite inventor Alfred Nobel's death.

"That is what we ask for in return," said Jonna Pettersson, spokeswoman for the Nobel Foundation, adding Dylan could also opt to give a concert instead of a lecture. "Yes, we are trying to find an arrangement that suits the laureate [Dylan]."

The lecture need not be delivered in Stockholm. When British novelist Doris Lessing was awarded the Nobel literature prize in 2007, she was too ill to travel. Instead, she composed a lecture and sent it to her Swedish publisher, who read it out at a ceremony in the Swedish capital.

REUTERS



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## Taylor Swift has a message for Calvin Harris

Taylor Swift performed for the first time this year at the Formula 1 U.S. Grand Prix in Austin, Texas, on Sunday evening — and no one expected the number she chose to sing. She took to the piano to sing a medley version of “This Is What You Came For” — you know, the song that her ex-boyfriend, producer Calvin Harris, made with Rihanna.

Calvin and Taylor split up over the summer and it was later revealed that Taylor actually co-wrote the smash hit under a weird alias, Nils Sjöberg. Many think this performance was Taylor’s way of subtly throwing shade at her ex. We think she just performed a song she wrote. After all, Taylor is not known for being a proactive participant in her beefs. Just ask Kanye.

# the word

SESALI BOWEN  
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## Justin Bieber slams his screaming fans

It looks like Justin Bieber might be outgrowing his immensely loyal fan base. The 22-year-old has been trying to shed his teenybopper image for a while. His music is certainly more soulful and mature. A couple of years ago he seemed intent on building a reputation as a bad boy. He drank Hennessy straight from the bottle on stage and hung with an entourage of rappers. He even got arrested a couple of times



and landed himself on probation for egging his neighbor’s house. But none of it thwarted the hordes of Beliebers who still get all

OMG! at the sight of him. During a Manchester, England, concert Sunday night, Justin had had enough. TMZ obtained video of him dropping his mic and walking off the stage after his fans refused to stop screaming when he took a break to speak to the crowd. To be honest, it’s funny, because we kind of feel the same way about him. Selena Gomez was definitely right about this one.

## Taryn Manning talks rocky road to sobriety

Another “Orange Is the New Black” cast member is leading a life reminiscent of her onscreen role. Tiffany “Pennsatucky” Doggett is a character driven by the demons of her past. The same thing is true of the actress who plays her, Taryn Manning.

TMZ caught up with the actress, and she admitted that she is struggling to maintain her sobriety, especially since her schedule prohibits her from going to a rehab facility. Instead, Manning relies on the support of her good friends, a therapist and a sober companion

to help her on the road to recovery. The actress told the media outlet, “I am truly grateful for what some may call hitting rock bottom. ... Some days it sucks and some days it sucks worse. I am not ashamed of this obstacle because I have accepted that it is OK to not be OK.”



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# Jennifer Connelly knows about compassion

The Oscar-winner defends her troubled character in the film of Philip Roth's "American Pastoral."



MATT PRIGGE  
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In "American Pastoral," based on Philip Roth's novel, Jennifer Connelly plays Dawn, a former beauty pageant contestant who married a Jewish glove-maker, Seymour Levov, known as "The Swede" (Ewan McGregor, who also directed). They seem to have the perfect life. But in 1968, their teenage daughter, Merry (Dakota Fanning), becomes an anti-Vietnam War activist, eventually blowing up a building and killing a man.

The Oscar-winning actress, 45, talks to us about carrying over the complexity from Roth's book and finding compassion for a difficult character.



In "American Pastoral," based on Philip Roth's novel, Ewan McGregor and Jennifer Connelly play parents whose daughter (Dakota Fanning) has become a destructive anti-Vietnam War activist. RICHARD FOREMAN

**In the book and the movie, there's a great empathy for people who make what could be seen as bad decisions.**

I think the movie talks about judgment. We hear that in the narration at the end of the film: Nathan [the narrator, played by David Strathairn] says we get people wrong. That's certainly true about Dawn. People make

decisions about her based on the fact that she had been a contestant in a beauty pageant and what she looks like.

**It's an interesting twist that, while their daughter is an anti-war activist, Dawn and the Swede are against the war, too.**

Yes, they are. Their politics are pretty much aligned with their daughter's. And

Merry's not wrong that there is great injustice. She's not wrong that for some people to succeed in a capitalist world, some are exploited.

**I'm not a parent, but I can still imagine what it must be like to read this and worry that even good parenting doesn't ensure something like this happening.**

You never know what will make an impression on your kids. You can only do so much to prevent them coming into contact with things that could potentially lead them in certain directions. You just try to instill the best in them and try to arm them with good education and love and communication.

**In the film's second half, Dawn, unlike her husband, decides to accept that Merry isn't coming back. As the actor playing her, how did you come to justify her decisions?**

When her daughter makes it very clear she wants

nothing to do with her parents, Dawn feels that. She acknowledges her daughter's position, and she waits for a number of years to feel that in her bones, to make sure that she's not coming back. And she's completely undone by that. She's completely destroyed by her grief. She tears everything down that's left standing. She needs to start again, and write a new narrative for her life, just in order to survive. It's very sad.

**I'm always jealous that actors get to embody people who make decisions like that. You're really forced to get into unusual headspaces.**

Look, I can't imagine making those choices. I don't feel that she resembles me as a person. But I have a lot of compassion for her. And it's really interesting as an actor to spend time with a character who is so different, where I have to learn to really understand her point of view.

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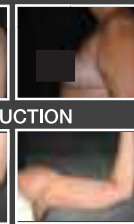
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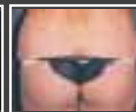
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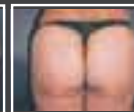
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# A second life after 'E.T.'

Henry Thomas talks about eking out a career after a childhood hit, including a role in the "Ouija" sequel.



**MATT PRIGGE**  
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Yes, you know Henry Thomas because he's Elliott from "E.T. the Extra Terrestrial." But he's cool with that. He's used to being hounded over headlining a Steven Spielberg classic, especially because now it's considerably less intense than it once was. Though his acting career has never hit the same high, he has worked steadily. Right now he's

in "Ouija: Origin of Evil," the sequel (that's actually a prequel) to the 2014 horror film. Thomas, 45, plays a pastor who, in the 1960s, tries to save a family who find they've awoken some malicious spirit.

**You haven't done a lot of horror, but you did play young Norman Bates in "Psycho IV: The Beginning."** I was 18 when we did that. It was exciting, because I was on the fence as to whether or not I was going to continue acting. It had kind of died down, to some extent, by then. I had done a film with Milos Forman [1989's "Valmont"] the year before, but it had been quiet. I thought, 'Maybe



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Henry Thomas, with Elizabeth Reaser and Lulu Wilson, plays a priest who tries to help a family battle ghosts in "Ouija: Origin of Evil." JUSTIN LUBIN, UNIVERSAL PICTURES

I won't do this anymore. I'm 18, maybe I'll go to school.' Then that job came along, and then "Legends of the Fall" arrived a couple years later.

**What was it about playing Norman Bates that convinced you to stick with acting?**

I don't know. Even after 37, 38 years, there's just no security in this job. [Laughs] Today is a prime example: I've spent the last 11 months or so sitting around. And all

of a sudden I had all of these things to do, out of the blue.

**That's pretty typical for actors. What kinds of things do you tend to do in between gigs?**

I write a lot. I wrote a novel a couple years ago, a fantasy novel. I'm trying to get it published. I also play music. That's mainly what I do when I'm not working. That doesn't necessarily pay the bills. I should have listened to my mom and finished my degree and had a fallback career. I always thought this would work out.

Knock on wood, so far it has. It never works out in the way you dreamed about, but it works out.

**You're 45. Do people still see you on the street and realize you're Elliott from "E.T."?**

It happens all the time. It never goes away. It's not as intense as it used to be. There were times it was overwhelming. But now it's just people congratulating themselves if they see me and remember who I was. It's like I'm just there to confirm to them that they're right, then they go away.

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# Local Natives look near and far for 'Sunlit Youth'

The band discusses their synth-driven third release.



CHRIS LEO PALERMINO  
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After Local Natives' first two records, the Los Angeles-based rockers wanted to explore some new musical paths. The five-piece indie darlings had just wrapped up a long tour supporting "Hummingbird" — which front man Taylor Rice calls "a really cathartic, kind of dark record" — and felt re-energized to be back on the West Coast.

It turns out that Rice, Kelcey Ayer and Ryan Hahn, who initially met in high school and share songwriting duties, went beyond their home turf to write the album. They ended up taking writing trips to picturesque locales from Ojai and Joshua Tree in California to far-flung locales in Thailand and Nicaragua.

The sessions led to "Sunlit Youth," a colorful 12-track album that features big hooks and full-bodied synths. We spoke with Rice about Local Natives' developing sound, songwriting in Nicaragua and the youthful tones on the record.

**There's definitely this exuberant, synth-driven spirit on "Sunlit Youth."** We didn't have too much happen on purpose for this record. We wanted to free ourselves up so I think this record has a lot more influences that we've been listening to, whether it's hip-hop or electronic music or sampling. [After "Hummingbird,"] we came home to L.A. and found ourselves in this place that felt like the world was full of possibilities.

**And that led you guys to write and record across the globe?**

We just wanted to again get outside of our normal space and just push ourselves and be super open ... When we went to Nicaragua, there's this song, "Masters," that's on the record. We wrote 10 songs together, and they all had this jungle theme in them. It was really weird — even musically. And "Masters" is on the album from that writing



Lots of songs didn't make the cut on Local Natives' new album, and the process got a little medieval. PROVIDED

session. I think you can hear the influence of that place on it.

**Songs like "Fountains of Youth," sound a bit poppier than some of the more intricate, folksy songs from your first two records.**

Yeah, I think that is fair to say. Some of it is poppier. "Fountains of Youth" has this pretty simple verse-chorus, quiet-loud thing. We were interested in simplifying some things. I think that a lot of our sound has been predicated on these ultra-intricate beats and rhythms and multiple drummers all the time. A song like "Fountain of Youth," there's something that felt immediate and direct.

**You and the band wrote 50 or 60 songs making the record. How did you choose which to use on the final project?**

We were all on the same page enough to know what the top 20 songs were. Past that, we do have this kind of democracy and it can be political or sort of "Game of Thrones"-esque. You have to volley for your own songs, or the ones you're passionate about. Maybe you'll have a side meeting and trade votes. It can get a little bit wild.

**There's a theme of reminiscing over youth on the record. How did this color the album's musical tone?**

The youthful spirit in this record was one of disconnecting to that reason of why we even picked up music in the first place and started a band in our garage. That feeling of creating this thing from scratch and feeling like there aren't any rules to anything ... A lot of the record is more forward-facing but, yeah, I think it's all through that lens of realizing what the youth perspective has to offer.

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# Adam Conover breaks down why people don't like Hillary Clinton

The hour-long election edition of "Adam Ruins Everything" airs tonight on TruTV.



JENNIFER LOGUE  
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jennifer.logue@metro.us

Thank goodness for comedy. The 2016 presidential election would be impossible to get through without it. Tonight, a special hour-long election edition of "Adam Ruins Everything" airs on TruTV and we got to chat with its host, Adam Conover, about political jokes in a

post-Jon Stewart world, and why so many people take issue with Hillary Clinton.

**The election special was loaded with information. How long did it take to write?**

It took a number of months. I had a writer, Gonzalo Cordova, and a researcher, Peter Miller working with me. I was shooting 12 hours a day for "Adam Ruins Everything." So we would meet on a Saturday and then they would go work on it for a week and do the research and put the acts together.

**Why are so many people are uncomfortable with Hillary?**

The thesis of that part of the show is that we've always had problems with women in politics in America. There aren't really counterexamples even of the incredibly popular female politician. I mean Elizabeth Warren currently is one. Although she's popular within the liberal wing of the Democratic Party. What would happen if she ran nationally? That remains an open question.

**Interesting.**

Hillary is going to have two things going against her. She's been embedded in the political system for so long and in an anti-establishment year, she's seems to be the establishment. The political compromises and political decisions that one makes as a result of being a successful politician are things that people are currently not in the mood to enjoy. I think it's the unique combination of being a woman running for high office and being a person who's spent a quarter of a century in politics and in public life. There's a lot for people to take issue with.



Adam Conover encourages you to watch his election special before casting your vote. PROVIDED

**A point you bring up in your special is that our country is more divided than ever. What do you think has been the media's role in this?**

The fragmentation of media has helped accelerate how divided people are because people are able to get their own sources of information and end up occupying these tiny little echo chambers. Now, that wasn't exclusively caused by media fragmentation by a long shot. I think it's also been the result of a concentrated effort by the political parties to divide people into two groups. To tell people, "Well you're either on the blue team or your on the red

team, and the other team is full of monsters that want to destroy your way of life."

**What are your thoughts on comedy stepping up to the plate to inform as well as entertain?**

First of all, we're living in a post-Jon Stewart comedy world. Jon Stewart was enormously influential. He's like my Johnny Carson figure — the person who changed how I saw comedy being done. I think he did it for everybody. Comedy is taken much more seriously now as a result of his work on "The Daily Show" and now there's so many people doing post-Jon Stewart

comedy. He showed us that comedy could have real things to say about real issues and could actually move the needle of culture. To actually make people think differently and to educate, inform and question, in addition to simply making people laugh.

**What are your hopes for the election special?**

I hope people watch it. I hope they enjoy and laugh. I hope they come away with a slightly broader view of our democracy, thinking about things a little bit differently.

The "Adam Ruins Everything Election Special" airs tonight at 10 p.m. on TruTV.

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# Ann Taylor teams up with Broadway's 'Waitress' to celebrate inspiring women

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Ann Taylor is a brand built for the #GirlBoss. And for its latest campaign, the retailer, who has dressed powerful women for more than 60 years, is shouting out some modern-day trailblazers.

Over the coming months, it will spotlight various innovators who defy boundaries, starting with the hit Broadway musical "Waitress." The show — which is based on the 2007 movie written and directed by the late filmmaker Adrienne Shelly — made history as the first all-female creative team on Broadway. Director Diane Paulus helms the production, Sara Bareilles wrote the score, Lorin Latarro cre-

ated the choreography and Jessie Nelson wrote the book.

Last week, Ann Taylor debuted interviews and black-and-white portraits with the show's star Jessie Mueller and Paulus, both Tony winners.

"At Ann Taylor, we believe behind every great woman is another, and another," said Holly Tedesco, the brand's VP of marketing. "That spirit of collaboration is what brought 'Waitress' to life and shattered Broadway's glass ceiling."

As part of the program, Ann Taylor will offer a 30 percent discount on select "Waitress" tickets to email subscribers. The brand will also make a donation to the Adrienne Shelly Foundation, which was created to support women filmmakers. **TINA CHADHA**



You can learn more about Paulus and Mueller on [anntaylor.com](http://anntaylor.com) COURTESY OF ANN TAYLOR



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## THIS WEEK'S OBSESSIONS

What our style editor, Tina Chadha, is loving.



Who says you have to look scary when you put on a face mask? These adorable new sheet masks by Face Inc. (by Nails Inc.) use natural ingredients like acacia and green tea to give you an instant pick-me-up. Best part: The masks are designed like your favorite Snapchat filters. \$6 ON [NAILSINC.COM](http://NAILSINC.COM)

How do you stand out from the sea of bomber jackets this fall? By customizing your own. Starting tomorrow, you can head to [shopbop.com](http://shopbop.com) and trick out a Cinq à Sept jacket with up to 10 characters in either red or ivory font. #Lovell.

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I think it's nice that while everyone's gearing up for turkey-and-stuffing holidays, MAC is rolling out something for the Indian New Year, Diwali (Oct.30) with its Diwali Light Festival Collection. This knockout eyeshadow palette, filled with rich metallic hues, will also get you through Hanukkah, Christmas, New Year's and more. \$32, [MACCOSMETICS.COM](http://MACCOSMETICS.COM)

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# How to have a healthier Halloween for your kids

Trick the kids by subbing in wholesome treats and setting boundaries.



KATE MOONEY  
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Not to be the Grinch who stole, er, candy from kids on Halloween, but every year when the sweet-tooth-forward holiday comes along, parents are concerned about how to curb their little monsters' sugar intake.

The amount of sugar consumed each year is scarier than any creepy-crown costume: According to a 2013 infographic from data and content marketing platform Visual.ly, the average trick-or-treater consumes about 3 cups' worth of sugar, equivalent to 220 sugar packets.

Here are a few ways to ensure a fun and safe

indulgence this year.

## Healthier chocolate bars

Zing makes 100-calorie minibars that are fair-trade, vegan and gluten-free. With flavors ranging from dark chocolate coconut (for when you're craving a Mounds bar) to dark chocolate mint (a stand-in for Peppermint Patties) to dark chocolate peanut butter, which also combines whey powder for a protein boost, there's no shortage of tempting varieties. The minibars come in packs of eight, making them easy to distribute among a pack of kiddos.

## Setting limits

Stephanie Middleberg, founder of Middleberg Nutrition and author of "The Big Organic Baby Book," says the key is to set expectations before

Halloween. "If you try to set limits while they are going through their proudly earned treats, then there is potential for a major meltdown," she says.

To curb bingeing, make sure your kid has a healthy dinner Halloween night, with plenty of protein, veggies and healthy fat. "I know how I am when I grocery shop hungry," she adds.

If you can, limit your kids to two treats the day of, and then one to two daily for the next couple weeks, she says. "That way they can pick out eight to 10 treats and save those."

Keri Glassman, a dietitian and the founder of the Nutritious Life, says it's all about moderation. "A few (three) Hershey's kisses with almonds are a good choice (70 calories, 4



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wellbeing

grams of fat)," she writes. On her blog, she terms it a "conscious indulgence": essentially, controlled decadence.

As for real food (nuncandy) that combines nutritious choices and satisfies your sweet tooth on Halloween night, she suggests Jackson Pollock apples — spattered with

chocolate — and popcorn mixed with dried apricots, peanuts and "a sprinkle of the junk": candy corn and black and orange M&Ms.

## Watch out for sugar the rest of the year

According to an August statement from the

American Heart Association, children ages 2 to 18 shouldn't consume more than 25 grams (6 teaspoons) of added sugar (like in candy, cereals or soda) in a day. To give you perspective, there are 33 grams of sugar in one 12-ounce can of Coca-Cola. Talk about scary.

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# How daily habits add to your physical pain

From how you carry your purse to the position you sleep in.



SHARON FEIEREISEN  
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letters@metro.us

Between lack of sleep, intense workout regimens and the general daily grind of work and commuting, joint pain and general discomfort are commonplace — but this doesn't always need to be the case. Curbing seemingly innocuous habits can vastly improve your physical well-being.

For starters, avoid walking in uncomfortable shoes for long distances by, for example, toting around roll-up flats.

"Nowadays there are fashionable choices that can help you transition from commute to office," says Dr. Todd Sinett, an NYC-based chiropractor and author of "Three Weeks to a Better Back."

"It's also important to make sure your briefcase or handbag isn't overloaded. Switch hands or shoulders to make sure both sides of your body bear the weight, and if possible, choose a back-

pack."

The position you sleep in factors in too, according to Dr. Emily Kiberd, a pain-relief specialist and the founder of Urban Wellness Clinic.

"If you're having lower back pain, you're probably compressing your joints while sleeping on your stomach," she says. "Sleeping on your side helps neutralize the pelvis and sets you up for a good night's sleep."

The number of pillows you opt for is also important. The magic number is three: one under your head, one between your knees and one to hug to prevent you from rolling on your stomach.

An equally likely culprit is your work environment. "Don't sit for too long, and when you do, make sure your legs are bent to form a 90-degree angle as well as your elbows in relation to your keyboard," says Sinett.

To counteract the effects of sitting too long, he advises lying on an exercise ball to let your spine curve backward, extending and loosening your back muscles, opening your chest and permitting deeper breathing.

In tandem with that,

be careful about how you look at your smartphone. "Text message and read your smartphone so that you're viewing it at eye level and don't slump. Be aware of your posture as much as possible."

All of the aforementioned elements tie into possibly the most overlooked offender: stress.

"Stress spikes cortisol in the body; with long, sustained stress comes long, sustained spikes of cortisol, which can burn out our adrenal glands," says Kiberd. "This leads to muscle and joint aches, slows healing and cell regeneration, impairs metabolism and weakens the immune system."

What we do all day is what we are training our body to do, and the brain remembers these movement patterns and muscle memory.

"If you carry your bag on the right, hiking your right shoulder up, your body will remember this and carry this into other parts of your day," Kiberd suggests. "Ditto for stressed out chest breathers; it will likely carry over through the rest of our day, tightening the muscles in the neck, causing pain."



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\*Per ESPN.com's 2016-17 pre-season rankings

# NBA season preview: MVP, ROY, title picks

A look at the players and teams that will own the 2016-17 NBA season.



**MATT BURKE**  
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The 2016-17 NBA season is upon us and the league has never looked stranger as we have transitioned out of the "superteam" era and into the "super-duper-universal-domination" team era. The Golden State Warriors, fresh off a 73-win season, added a player — a former MVP — that can be, on any given night, the best player on the planet.

The "Hey! That's unfair!" cries started immediately after Kevin Durant signed with Golden State on the Fourth of July, and many asked about the 2016-17 season, "What's the point?"

Well, the intrigue with this season will sit in two areas.

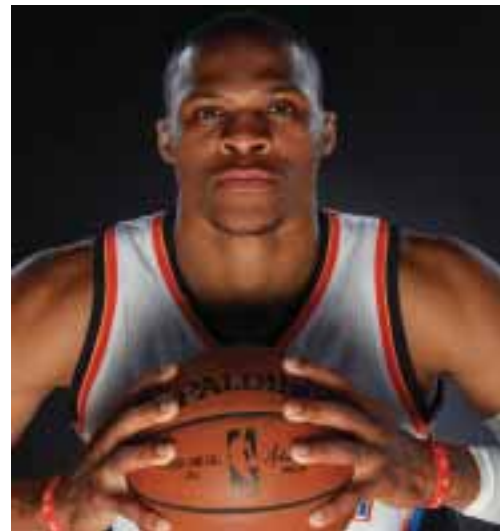
1. Just how dominant can the Warriors be? Will they average 35-point blowout wins this season? Will they look to hit 80 wins this season?

2. The entire league is now the David to the Warriors' Goliath. So basically, there are now 29 "good guy" teams and one "bad guy" team. Even the defending champion Cavs, with the passive-aggressive King, LeBron James, are "good guys" now. It'll be fun, and yes — intriguing — to see the entire league gang up on the bully by the Bay. There will be a point to the 2016-17 NBA season after all — even though there's a 98.6 percent chance that Durant and the Warriors will win the title next June.

### 2016-17 NBA MVP

There will be so much hatred, even among MVP voters, for Steph Curry, Durant and the Warriors that one of those two players winning MVP will be next to impossible. Both players will undoubtedly see their statistics dip.

As for LeBron — this



Russell Westbrook is ready to torch the NBA. GETTY IMAGES

is a regular season award only, and here's guessing the Cavs will take a giant chunk of the regular season off. In fact, it's easy to see the Cavs as a 3 or 4 seed in the East come April. With LeBron and Cavs playing possum for five months — his status as the best player in the league will take a small hit. So no, LeBron is not your man.

This leaves Russell Westbrook as your MVP. The guy is going to go all scorched earth on the league, obviously (never underestimate an NBA hipster scorned), and should average at least 30 points per game. In Durant's injury season, in which he played only 27 games, Westbrook averaged 28.1 points a game. Even if the Thunder are a 7 or 8 seed in the West (which I think they will be), Westbrook will get the most MVP sympathy votes of all-time.

**Your 2016-17 NBA MVP:**  
**Russell Westbrook**

### 2016-17 NBA Rookie of the Year

Here are the past five NBA rookie of the year winners: Karl-Anthony Towns (Timberwolves), Andrew Wiggins (Timberwolves), Michael Carter-Williams (76ers), Damian Lillard (Trail Blazers), Kyrie Irving (Cavaliers). What do they all have in common? They all played for lucky teams.

No. 2 pick Brandon

Ingram is on the Lakers, and the Lakers will suck.

**Your 2016-17 NBA  
Rookie of the Year: Brandon Ingram**

### 2016-17 NBA Finals

Guys, it's not going to take Kevin Durant, Steph Curry, Klay Thompson and Draymond Green more than three minutes to figure this thing out. They will be the greatest shooting team ever assembled and at times will look like the 1992 Dream Team playing against Angola.

We really shouldn't overthink this. They're going to be beyond great.

When LeBron joined the Heat, Miami's win total jumped from 47 wins to 58 wins. This transition will be easier for the Warriors, but for the sake of argument, let's say the Warriors' win total also climbs by 11. This would mean the Warriors would go 84-0 in an 82-game season (don't rule it out).

So let's pencil in the Warriors out West.

In the East, I'm going with something of a surprise. The Cavs are destined to have one of the worst NBA regular season hangovers of all-time. That opens the door for a team like the Celtics to creep into the Finals ahead of schedule.

**Your 2016-17 NBA  
Finals: Warriors over Celtics in 4**





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# Rangers' Kreider off to strong start in 2016-17



When healthy, Chris Kreider is one of the top forwards in the game. GETTY IMAGES

Chris Kreider has  
proved to be a  
top-notch power  
forward.

DENIS GORMAN  
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As is his wont, Chris Kreider was flying.

He had just whipped an off-angled power play goal past San Jose goalie Martin Jones midway through the second period of the Rangers' 7-4 win over the Sharks at the Garden on Oct. 17. As he curled behind the net, his face a mask of triumph, he was slowing down.

Ironically, just not at a fast-enough rate.

Kreider turned alongside the right wing boards and into referee Tom Kowal for the briefest of moments, before the winger celebrated with teammates Kevin Hayes, Ryan McDonagh, Brandon Pirri and Mika Zibanejad.

Seems like Kowal is among the very few who has been able to hold up Kreider in the very early portion of the 2016-17 National Hockey League season. Kreider's is tied for third in the NHL in goals (three), assists (four) and points (seven).

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"He just came in here with the right attitude and he's playing to his strengths," Rangers head coach Alain Vigneault said of Kreider after the Rangers opened the season with a 5-3 win over the Islanders on Oct. 13 at the Garden.

The game was the season opener for both teams, and Kreider's goal at 9:45 of the third period put the Rangers ahead for good.

"Obviously, that's being a power forward, using his speed when he has the puck and using his speed on the fore-check to create a turnover. Power forwards have to go to the tough areas, and we saw that tonight. It was a good start for him and his line. I thought they had a good game and it was a good start for our team."

Due to an offseason in which general manager Jeff Gorton reconfigured his forward units by adding Pirri and Zibanejad, among others, Vigneault spent training camp and pre-season experimenting with line combinations. What he learned during

*"He just came in here with the right attitude and he's playing to his strengths."*

Alain Vigneault  
on Chris Kreider

the trial-and-error portion of the season was that the triumvirate of Kreider, Zibanejad and rookie Pavel Buchnevich were able to compliment each other.

Against the Islanders, the trio finished with a goal and four assists for five points. Two nights later, in the Rangers' 3-2 loss to the Blues at Scottrade Center, Kreider and Zibanejad accounted for all of the Blueshirts' scoring with a goal and an assist apiece.

"I can speak all day about the guys I am playing with, because they're incredible," Kreider said after the

win over the Islanders. "They make some ridiculous plays."

The line lasted for two games before Vigneault was forced to reconfigure his forward units in response to Pavel Buchnevich's back spasms. Rick Nash was moved onto the line and fourth line center Josh Jooris dressed for the first time this season against the Sharks. Kreider finished that game with a goal and an assist, and he recorded a secondary assist on Zibanejad's goal in the Rangers' 2-1 loss to the Red Wings on Oct. 19 at the Garden.

According to the team following the Detroit game, Kreider matched his career high with his stretch of points in four straight games, and he set a career high with his four assists in the four games.

"I didn't change much. I had the same approach, the same mentality. The team is just going right now. We are getting the bounces, playing with some very good line mates," Kreider said after the win over San Jose.

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# The sports podcast revolution

Listening habits are changing rapidly and sports podcasts are at the forefront of an audio movement.



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We live in a rebellious age when it comes to content.

No one wants content to be force-fed to them as people want to watch, listen and read things on their own terms — not when a media company tells them to.

Sports talk radio has been thriving since the early 1990s in the U.S., and there are more sports talk radio stations than ever. So the appetite for sports audio is enormous. In the past 10 years, an alternate sports audio universe has emerged. It's a world where niche, little commercial interruption and zero structure reigns supreme. It's sports radio with no strings attached, and it's already a dominant force in the media world. PodcastOne, the dominant podcasting company in the world,

generated a whopping 1.5 billion podcast downloads in 2015 and works with more than 100 brand advertisers. We spoke with PodcastOne's founder and executive chairman, Norm Pattiz, about the difference between sports radio and podcasting, as well as where the business is headed. Pattiz was also the founder of Westwood One, which became America's largest provider of news, sports and entertainment in the broadcast industry.

"You're not limited by radio formats with podcasts," Pattiz, who spent over 40 years in the radio-syndication business, said. "One of the chief attributes for us is that we've got a pause button. Radio doesn't have that, and when you get out of the car — that's it for the day."

"We, in podcasting, can do anything. It reminds me of my early days at Westwood One, when the company had 30 people instead of 3,000 people and it was smaller. I had more fun then, and I'm having a blast now."

Sports talk radio will often hammer home certain topics throughout the course of a day. Odell Beck-



PodcastOne founder Norm Pattiz, left, talking with new podcast host Shaquille O'Neal. GETTY IMAGES

ham is acting up again? What an A-hole — that's half a show right there. NFL ratings are down? Why is that? There's your other half.

With sports podcasts, though, the listener can pick and choose the topic he or she wants to listen to. For instance, Pattiz says PodcastOne will soon unveil a podcast by Forbes devoted only to the business side of sports. This

idea began with the first "sports" star of PodcastOne, former pro wrestler "Stone Cold" Steve Austin, as now there are hundreds of pro-wrestling-devoted podcasts.

Sports podcasts began popping up 10 years ago, with then-ESPN employee Bill Simmons leading the charge. His "BS Report" podcast routinely got over 30 million downloads per year in the early portion

of this decade, and now Simmons' "Ringer" podcast brands itself as the most downloaded sports podcast of all-time. PodcastOne does not feature Simmons, but it does have his pal, Adam Carolla, who is the most successful podcaster of all-time. Just one typical Carolla podcast gets over 250,000 downloads.

"Adam dwarfs them all. He's made more money in

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podcasting than anyone," Pattiz said, of the former terrestrial-talk-radio host. "That said, 40 — maybe even 50 percent — of our top podcasts focus solely on sports."

Pattiz does not exactly have a "get with the times, already!" opinion of sports radio. He believes that sports podcasting and sports radio will be able to thrive for years to come.

"[Sports radio] will never go away," Pattiz said. "Play-by-play on radio has always been interconnected to the talk format. Always will be. In most cases, if you want play-by-play sports, you have to carry sports talk as well."

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### Across

- 1 Be out of
- 5 Mohawk
- 10 Chimney's place
- 14 You said it!
- 15 Pointed remarks
- 16 Mrs. Peel
- 17 Marathon unit
- 18 Bachelor parties
- 19 Natural crystals
- 20 Unconscious
- 22 Doubt
- 24 Unpleasant surprise
- 25 Bright flower
- 26 Space lead-in
- 28 Piece of land
- 32 Pitch a tent
- 35 -- Kippur
- 37 Travel downer
- 38 Luau strings
- 39 Kind of physicist
- 41 MacGraw of film
- 42 Urban nuisance
- 45 Library abbr.
- 46 Vex
- 47 Ruins a nylon
- 48 Ancient colonnade
- 50 Clearings
- 54 Distinct mark
- 58 Easy mark
- 61 Fauna
- 62 Leaf source
- 63 Piano-key wood

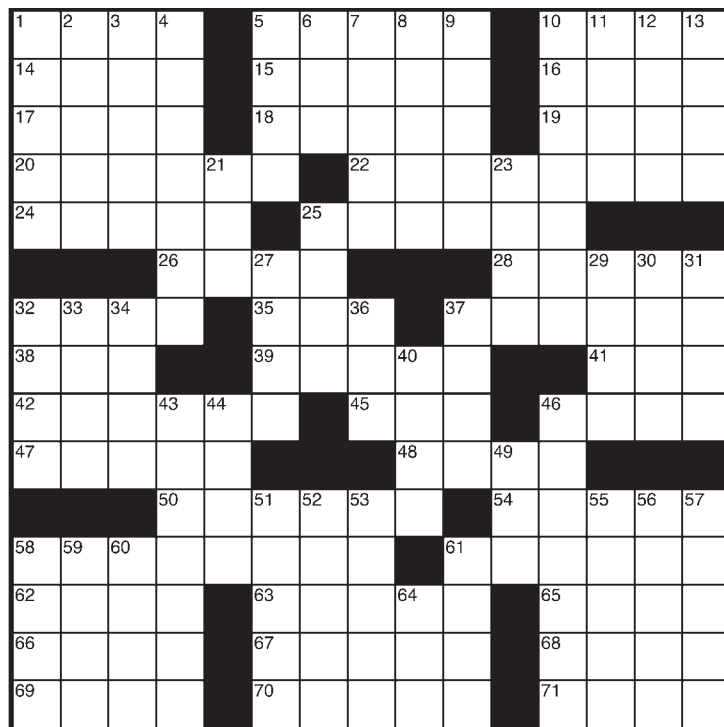
- 65 Kid
- 66 Between ports
- 67 Less polite
- 68 Currycomb target
- 69 Paw, in humans
- 70 Stand in good --
- 71 Kitty starter

### Down

- 1 Prayer-wheel turners
- 2 Buggy drivers
- 3 Quartet member
- 4 Patella
- 5 3 tsp.
- 6 Two-timer
- 7 From Baghdad

- 8 Air rifle (2 wds.)
- 9 German industrial center
- 10 Begin again
- 11 All, in combos
- 12 Melville work
- 13 Spotted animal
- 21 Barely scrape by
- 23 It has a home page
- 25 Monkey havens
- 27 Meg or Nolan
- 29 Lai --
- 30 Glacier's break-off
- 31 Happy-hour letters
- 32 Mugs
- 33 Similar
- 34 MHz part
- 36 "I Want My --"
- 37 Bump and jostle
- 40 Diana of the Supremes
- 43 Geek or Nerd
- 44 European capital
- 46 Sage, in India
- 49 Unlatch, to a bard
- 51 Maintains
- 52 First appearance
- 53 Carve a canyon
- 55 Lake Nasser dam
- 56 Tour of duty
- 57 Helena rival
- 58 Pharaoh's creator god
- 59 Bear in the sky
- 60 Glimpsed
- 61 Polar explorer
- 64 PBS funder

## metro.us/crossword



## metro.us/sudoku

easy

			8			7		6
8		3	7		4		9	
	2							3
9	6					5		
2	8			9			7	1
		7					2	9
1							5	
	9		5		1	8		2
5		2			9			

hard

		6			2			
			6	1	5	9	4	
9	2							
2					9		7	
3		8	2		4	1		6
	5		8					3
							6	8
	3	7	5	9	6			
			4			5		

## metro.us/horoscopes



**Aries** You and a loved one will come up with a good plan that will help stabilize your life. Stick to the budget you set. Love conquers all.



**Taurus** Taking business trips, engaging in correspondence and taking care of your personal needs are all favored. Talks will lead to a chance to try something new.



**Gemini** You must trust in what you can see. Be bold and ask pointed questions. Don't miss out on something good just because someone is jerking you around.



**Cancer** Attend a function or networking event that will bring you in contact with people from different walks of life. Discovery and experimentation should be priorities.



**Leo** Don't let professional stress cross over into your personal life. If you calmly share your concerns with a loved one, you'll be offered constructive suggestions.



**Virgo** Don't let the little things get to you. Take care of your health by getting enough exercise and eating properly. An emotional situation must be handled with empathy.



**Libra** Don't place unnecessary pressure on yourself or others. If something isn't going well, look for simple solutions instead of indulging in expensive distractions.



**Scorpio** Work alone if you find it too much of a struggle to get along with others or find their positions untenable. Don't be afraid to be different.



**Sagittarius** A change to your appearance, to the way you do your job or to how you present yourself will help ward off negative criticism and jealous acts.



**Capricorn** Find out exactly what you want and then go for it. Don't let distractions get in the way. Stick to what you know in order to avoid unrealistic promises.



**Aquarius** Apply for a better position if you are bored. A change will do you good and lead to greater income potential. Negotiate and get what you want in writing.



**Pisces** It's payback time. The more you can offer others, the more you will reap in the future. Speak up, offer suggestions and help bring about positive change. **EUGENIA LAST**

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ADE	WKS	ESS
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BUY 1 & WE'LL DONATE 1**

Tuesday, Oct. 25 through Sunday, Oct. 30, 2016. For every coat purchased in our women's, men's, juniors' and kids' outerwear departments in-store and on [macys.com](http://macys.com), we'll donate a coat† to Clothes4Souls, a not-for-profit global social enterprise committed to fighting poverty through the collection and distribution of clothing.

†Up to 35,000 women's, men's, juniors' and kids' coats of our choice with an average retail value of \$40-\$100 each will be donated.

**SPECIAL  
24.99  
JUNIORS'  
SWEATERS  
OR JEANS**

Reg. \$34-\$49.  
Pink Rose, Rewash &  
more. ★WebID  
2908149, ★2816299.  
Women's prices  
slightly higher.



**SPECIAL  
79.99  
OUTERWEAR**

Reg. \$175-\$275.  
Faux leather &  
lightweight styles.  
★WebID  
2339128.



**SPECIAL 50%  
OFF  
CHARTER  
CLUB**

Special 29.75-34.75.  
Reg./Orig.\* 59.50-69.50.  
Only at Macy's.  
Blouses & pants. Misses  
& petites. ★WebID  
2909929. Women's  
prices slightly higher.



**SPECIAL  
65% OFF  
FINE JEWELRY  
CLEARANCE**

Special  
\$105-\$2,800.  
Orig.\* \$300-\$8,000.



**SPECIAL  
40% OFF  
FASHION WATCH  
CLEARANCE**

Special 29.40-\$600.  
Orig.\* \$49-\$1,000.



**6-DAY SPECIALS  
TUES-SUN DURING OUR BIRTHDAY SALE**

MACY'S CARD/SAVINGS PASS DISCOUNTS DO NOT APPLY TO SPECIALS.

**SPECIAL 60% OFF**

MEMORY FOAM PILLOW & TOPPERS  
Special 23.99-359.99. Reg. \$60-\$900.  
Our Martha Stewart Collection, SensorGel &  
more. ★WebID 139387.



**OR, TAKE AN  
EXTRA 10%-20% OFF†**

WHEN YOU USE YOUR MACY'S CARD OR  
PASS DURING OUR BIRTHDAY SALE.

†Exclusions apply, see pass.

**SPECIAL 60% OFF  
CLEARANCE SHOES**

Special 7.80-55.72. Orig.\* \$39-\$199.  
Casual & dress styles.



**SPECIAL  
60% OFF**

SAMSONITE  
SILHOUETTE  
Special 79.99-  
271.99. Reg.  
\$200-\$680.  
Sphere 2  
spinner  
luggage.  
★WebID  
1865410.



**EXTRA 20% OFF**

SELECT SALE & CLEARANCE CLOTHING  
EXTRA 15% OFF SELECT SALE & CLEARANCE  
JEWELRY, SHOES, COATS,  
SUITS, DRESSES, LINGERIE, SWIM FOR HER,  
MEN'S SUIT SEPARATES &  
SPORT COATS & HOME ITEMS  
EXTRA 10% OFF SELECT SALE & CLEARANCE  
ELECTRICS/ELECTRONICS & WATCHES  
MACYS.COM PROMO CODE: BDAY  
EXCLUSIONS MAY DIFFER ON MACYS.COM



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VALID 10/25-10/30/2016



NOT VALID IN PHOENIX, AZ, PORTLAND, OR & ST. LOUIS,  
MO & SURROUNDING AREAS. Excludes ALL: cosmetics/  
fragrances, Deals of the Day, Doorbusters/web busters,  
men's store electronics, Everyday Values (EDV), furniture/  
mattresses, Last Act, M by Macy's Marketplace, Macy's  
Backstage, rugs, specials, Super Buys, Breville, Coach,  
Dyson, Fitbit, Frye, Hanky Panky, Jack Spade, Kate Spade,  
KitchenAid Pro Line, Le Creuset, Levi's, LittleBits, Locker  
Room by Lids, Marc Jacobs, Michael Kors Studio, Michele  
watches, Movado Bold, Natori, Sam Edelman, Samsung  
watches, Shun, Stuart Weitzman, The North Face, Theory,  
Tory Burch, Tumi, UgG, Vitamix, Wacoal, Wolford, Wüsthof,  
3Doodler, athletic clothing, shoes & accessories, designer  
jewelry/watches, designer sportswear, gift cards, jewelry  
trunk shows, previous purchases, select licensed depts.,  
services, special orders, special purchases, tech watches/  
jewelry; PLUS, ONLINE ONLY: baby gear, kids' shoes,  
Allen Edmonds, Brahmin, Birkenstock, Hurley, Johnston &  
Murphy, Merrell, RVCA, Tommy Bahama, toys. Cannot be  
combined with any savings pass/coupon, extra discount or  
credit offer except opening a new Macy's account. Extra  
savings % applied to reduced prices.

**SPECIAL 129.99**

11-PC. COOKWARE SET  
Reg. 299.99. Only at Macy's. Belgique in  
stainless steel, hard anodized or aluminum in  
red or copper. ★WebID 687996.



**BUY ONLINE, PICK UP IN-STORE IT'S FAST, FREE AND EASY! DETAILS AT [MACYS.COM/STOREPICKUP](http://MACYS.COM/STOREPICKUP)**  
**FREE SHIPPING ONLINE & FREE RETURNS** FREE SHIPPING WITH \$99 PURCHASE. EXCLUSIONS APPLY; SEE [MACYS.COM/FREERETURNS](http://MACYS.COM/FREERETURNS)

**TEXT "CPN" TO 62297 TO GET COUPONS, SALES ALERTS & MORE!** Max 3 msgs/wk. Msg & data rates may apply. By texting CPN from my mobile number,  
I agree to receive autodialed marketing SMS/MMS messages from Macy's to this number. Consent is not required to make a purchase. Text STOP to 62297 to cancel.  
Text HELP to 62297 for help. Terms & conditions at [macys.com/mobilehelp](http://macys.com/mobilehelp) Privacy practices at [macys.com/privacy](http://macys.com/privacy)



Fine jewelry specials are available only in stores that carry fine jewelry.

REG. & ORIG. PRICES ARE OFFERING PRICES & SAVINGS MAY NOT BE BASED ON ACTUAL SALES. SOME ORIG. PRICES NOT IN EFFECT DURING THE PAST 90 DAYS. BIRTHDAY SALE  
PRICES IN EFFECT 10/25-10/30/2016. \*Intermediate price reductions may have been taken. Jewelry photos may be enlarged or enhanced to show detail. Fine jewelry at select stores; log on  
to [macys.com](http://macys.com) for locations. Almost all gemstones have been treated to enhance their beauty & require special care, log on to [macys.com/gemstones](http://macys.com/gemstones) or ask your sales professional. Extra  
savings taken off already-reduced prices; "special" prices reflect extra savings. Advertised merchandise may not be carried at your local Macy's & selection may vary by store. Specials are  
available while supplies last. Prices & merchandise may differ at [macys.com](http://macys.com). Electrics & luggage carry mfr's warranties; to see a mfr's warranty at no charge before purchasing, visit a  
store or write to: Macy's Warranty Dept., PO Box 1026 Maryland Heights, MO 63043, attn: Consumer Warranties. N6090203.

**OPEN A MACY'S ACCOUNT FOR EXTRA 20% SAVINGS THE FIRST 2 DAYS, UP TO \$100, WITH MORE REWARDS TO COME.** Macy's credit card is available subject to credit  
approval; new account savings valid the day your account is opened and the next day; excludes services, selected licensed departments, gift cards, restaurants, gourmet food & wine.  
The new account savings are limited to a total of \$100; application must qualify for immediate approval to receive extra savings; employees not eligible.